

BARSTOW LOG

SUPPORTING MCLB'S VISION FOR THE 21ST CENTURY

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Marine Corps Logistics Base Barstow, California

September 12, 2002

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Marine Corps
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<http://www.usmc.mil>

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Photo by Gunnery Sgt. John Cordero

Lt. j.g. Daniella M. Kolodny, Navy chaplain candidate and guest speaker at the Wednesday colors ceremony here, speaks about living in the shadow of terrorism to those gathered to commemorate the one-year anniversary of the Sept. 11, 2001, terrorist attacks. "Living in the shadow of terrorism ... means living with grace, humanity and hope in spite of the deep darkness that descends when evil rears its ugly face," she said.

USDA graduates MCLB leader

By Sgt. Joseph Lee
BARSTOW LOG staff

The Executive Leadership Program is a developmental program that provides leadership, managerial training and development opportunities for mid-level Federal employees, preparing them for future leadership positions.

Considered by many in government service a challenging program, the Executive Leadership Course has given Chuck Ashbrook, career resources program manager with personal

services division, a new outlook and the challenge he believed he needed to propel him to the next level.

Under the direction of the Leadership Development Academy of the Graduate School, United States Department of Agriculture, the program is open to regional and local employees. Required training takes place during four training blocks throughout the course of a year in Lancaster, Pa., Norfolk, Va., St. Louis, and Baltimore.

According to Ashbrook, the first week in Lancaster, was dedi-

cated to designing and coordinating teams of nine people that would work together all the way through the program.

In Norfolk, the teams endured two weeks of intensive training and team-building exercises.

"From there we went to St. Louis, for a week to benchmark some companies to get an idea of what their best practices were so that we could bring those best practices back to the federal government to our various agen-

See USDA Page 4

Servmart expanding

*FSD to piggyback Office
Depot contract*

By Cpl. Joshua Barnhardt
BARSTOW LOG staff

The Barstow Servmart is entering a partnership with Office Depot to provide office supplies at a lower cost.

MCLB Barstow is following Marine Corps Base Camp Pendleton on a contract with Office Depot, who already has consolidated its business supply store with the office supply company.

"We are picking up on a contract that Camp Pendleton has with Office Depot," said Major Vincent Applewhite, Fleet Support Division director. "It will provide the MCLB customers with a better selection at a lower cost."

The plan is to expand the store already located in the west end of Warehouse 401 at the Yermo Annex, according to Wayland Fairchild, supply management officer for FSD.

"The store will be almost twice the size it is now, and we will have much more to choose from, including office furniture," said Fairchild. "It is scheduled to be ready to go in a couple of weeks."

The Barstow store is the second store like this, and there are plans for MCLB Albany to get a store as well, according to Applewhite.

"In the future, the Supply Chain Management Center is looking to get the same contract in Albany," said Applewhite. "They would be able to set up the same type of store, which would increase the volume of people using the contract (and) reduce the prices."

The Barstow store is going to supplement NTC Fort Irwin, said Applewhite.

"Fort Irwin shops here right now, but since they have heard we will have a better selection with Office Depot on board, more people want to come shop here and not be so reliant on the Impact credit card," said Applewhite.

"Units that are rotating through and individuals from Fort Irwin will be able to use the store," Applewhite added.

The Impact credit card is used to buy office supplies that the government couldn't get through stores like the Barstow Servmart. Now people will be able to get more of those items through Office Depot.

This is part of an ongoing process uses the specialties of other organizations to help support

See FSD Page 5

Much done since 9/11

Battle against terrorism not in vain

By Sgt. Don Dees
Army News Service

BAGRAM, Afghanistan Aug. 29— In every generation there is a decisive moment, an instant in time, against which all other events are measured.

Your parents can tell you exactly where they were when President John F. Kennedy was assassinated. Your grandparents likely can describe in detail what they felt upon learning of victory in Europe and the final days of World War II.

For those of us who wear the uniforms of the Armed Forces of the United States, our decisive moment is Sept. 11, 2001.

As the one-year anniversary of our decisive moment approaches, we can look back at a number of accomplishments.

The wounds of Sept. 11 are healing. Workers toil valiantly to repair the site

where American Airlines Flight 77 was flown into the Pentagon, claiming the lives of scores of innocents. By the anniversary, Pentagon workers will occupy renovated offices at the site of impact.

In the country where these terrorists plotted to take the lives of American citizens, Al Qaeda and the Taliban are reduced to scattered pockets of evil. The Afghan people are free from warped religious tyranny. A National Army is forming at the Kabul Military Training Center to provide stability and security to the developing Afghan government.

However, much remains to be done.

Some in the international community decry America's continuing presence in Afghanistan, claiming our job is finished and we should go.

Leaving Afghanistan now would be akin to inviting Al Qaeda, the Taliban or similar organizations to take over. Ameri-

can soldiers are providing security to Afghan President Hamid Karzai in the face of what Secretary of Defense Donald H. Rumsfeld called, "credible threats." The International Security and Assistance Forces are on the job protecting Afghanistan's seat of government in Kabul. We must not abandon the Afghan people until they can provide for their own security.

There are those who accuse the United States of human rights violations in Afghanistan, and claim that our continued presence will result in further loss of life. A report in the July 29 "London Times" quoted preliminary findings by a United Nations investigating team claiming the U.S. attacked innocent civilians on July 1 and then tried to cover up the mistake.

U.S. forces are investigating the so-called wedding party incident at Kakarak

and remain committed to preventing civilian casualties. Our forces are highly trained and disciplined. They will react swiftly and with extreme lethality against enemy threats, but will never intentionally attack unarmed people.

Some claim that Al Qaeda and the Taliban are finished. But reports continue to pour in of former fighters returning to Afghanistan to take up arms against the foreign presence. Reports surfaced July 30 that a man with more than a thousand pounds of explosives hidden in his car was headed for a target in Kabul. One account said the man was in a traffic accident and authorities discovered him before the plot could be carried out. This would-be bomber illustrates that our work is not finished.

Our commander in chief addressed a grieving nation just nine days after the terrorist attacks that set the War on Ter-

rorism into motion. President George W. Bush called on each and every citizen to uphold American values and the American way of life. He called on our armed forces to wage war on violence against our people.

He inspired us to action saying, "we will not tire, we will not falter, and we will not fail."

We must remain strong. We must remain steady. We must be committed.

There are, no doubt, to be other fronts in the war on terrorism. Our forces will fight to deny safe havens for evil. We will win those fights in due time.

In doing so, we must not forget what President Bush said to the soldiers of the 10th Mountain Division at Fort Drum, N.Y., July 19, "This is a decisive moment in the history of freedom. As your commander in chief, I leave you this message: Be proud, be strong and be ready.

Hope for healing

By Lt. Cmdr. Elmon R. Krupnik
Base Chaplain



This week the reliving of the 9/11 experience has been difficult for our nation.

The mourning and the grieving process brings out the best and worst of who we are as individuals and collectively as Americans. It seems that this week we have seen the best of who we are, both collectively as Americans, and individually.

As the healing process continues over 9/11, we also have an opportunity for healing in other relationships, for ourselves and also for our society.

The grieving and mourning has brought us together as a nation.

As we reflect about our one nation under God, the Scriptures direct us to God for healing.

Second Chronicles 7:14 states, "*When I shut up the heavens so that there is no rain, or command locusts to devour the land or send a plague among my people, if my people, who are called by my name, will humble themselves and pray, and seek my face, and turn from their wicked ways, then will I hear from heaven, and will forgive their sin and will heal their land.*"

"*Now my eyes will be open and my ears attentive to the prayers offered in this place.*" I believe God has heard our prayers.

We need to continue to humble ourselves before God and acknowledge the relationship that we do have with Him.

Through this experience, our strength will grow and healing will take place as we rely more and more upon God.

Blessings to all,
Chaplain Krupnik

Just doing my job ...



Photo by Cpl. Joshua Barnhardt

Lance Cpls. Peter Vegliante, supply clerk, and Daniel Perez, motor transport driver, take an alternator out of a High Mobility Multi-Wheel Vehicle. Vegliante is from Miami and has been stationed here since July 2000. Perez is from Phoenix and has been stationed here since June 2001.

Chapel Services

Protestant Sun. 8:30 a.m.
Mass Sun. 10:30 a.m.

**Confession services
before Mass**

Catholic Rosary

First Saturday of
every month.
3 p.m. at the Base Chapel.

For more info call
577-6849.

Nebo Bible Study

Wednesday Noon-1:30 p.m.

At the Chapel Office.

For more info call
577-6849.



Marine Corps Logistics Base Barstow, California
Colonel Ingrid E. Bergman, Commanding Officer



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NEWS BRIEFS

"News Briefs" is designed to disseminate information to the MCLB Barstow community. Submissions should include a point of contact and phone number, and be received by noon Fridays for the next week's issue. Submit news briefs via e-mail to editor@barstow.usmc.mil.

Power outage

There will be a power outage at Building 573's west end and hardstand only today starting at 4 p.m. The outage will not affect the main part of the building.

The power will not be turned back on until approximately 1 a.m. Friday. Another outage is scheduled to occur Monday at 4 p.m. with the power being turned back on 1 a.m. Tuesday.

This outage is necessary to tie in permanent power to the new paint facility. For more information contact Ed Guz, 577-6183, or Rich Tusing, 577-6492.

Military mixer

The annual community-wide Military Mixer will be held at the Fort Irwin Leader's Club Tuesday.

The event, which starts at 6:30 p.m., is co-sponsored by the Military Affairs Committee of the Barstow Area Chamber of Commerce, Marine Corps Logistics Base, National Training Center, Fort Irwin and the Veterans Home of California-Barstow.

This is the 12th year individuals of all military ranks and civilian walks of life will gather to become better acquainted and strengthen relationships in a friendly and social atmosphere for the betterment of local military and civilian communities.

Advance tickets, which include an ample array of hors d'oeuvres, are \$12 for military officers, civilian leadership and military enlisted E-6 and above. Cost for military enlisted E-1 to E-5 is \$7. Tickets are \$14 at the door except for "will call."

The buffet menu includes: Hot, spicy and plain drummettes, meatballs, petit fours, meat, cheese, relish and fruit trays, rolls, chips and dips, punch, iced tea and coffee.

A no-host bar will also be available.

Tickets are available at the MCLB Public Affairs Office, Building 15; the Chamber of Commerce, 409 E. Fredricks; the Veterans Home of California-Barstow, 100 E. Veterans Way; and the NTC/Fort Irwin Public Affairs Office, Building 983. For food preparations purposes attendees are requested to purchase tickets by Sept. 11.

For more information or to order "will call" tickets, contact the Chamber of Commerce at 256-8617.

Leave sharing

Lorenzo A. Duarte, Maintenance Center Barstow, has been affected by a medical emergency. People desiring to donate leave under the "Leaving Sharing Program" may obtain a leave donor application through their department administrative officer.

For more information call Patricia Snyder at 577-7284.

Blood Drive

The Blood Bank of San Bernardino and Riverside Counties is scheduled to have a blood drive at the MCLB Barstow Base Gym today from 11:30 a.m. to 3:30 p.m. As a special thank you for saving lives, all donors will receive a USA Days Tribute to the American Spirit T-shirt, a Patriotic Blood Bank goody bag and mini fan.

For more information call Josie Marquez at 577-6483.

Military Spouses tour

Active-duty Marine Corps, Navy and Army spouses are invited to attend the free quarterly Spouses Tour of Fort Irwin and Barstow Tuesday, Wednesday and Sept. 19.

The first two days will be held at Fort Irwin. Informational Meetings and Tours will introduce spouses to services available at the Fort and military life in general. The third day, hosted by the Military Affairs Committee of the Barstow Area Chamber of Commerce, will begin at the Veterans Home on Barstow Road at 9 a.m. with a free continental breakfast.

After presentations by the Veterans Home Public Relations department and the Barstow Police Department, guests will have a tour of Calico Ghost Town and receive discount tickets for selected shops at the Factory Outlet and Tanger Malls. A free lunch is provided for all participants at the Sizzler Restaurant. The tour will end at approximately 3:30 p.m. Attendees should dress for the weather, wear comfortable walking shoes and bring water to drink while at Calico. Space is limited so registration is required. For more information call Christina Tonseth at the Army Outreach Center, 256-1735, or Ruth Cox at the Nations Training Center, Fort Irwin 380-3776.

Pass and ID

The Pass and ID section is accepting appointments for issuing ID cards at their new location in Building T-117 across from the Base Gym. Please call 577-6969 or 577-6371 to make an appointment.

Walk-ins will be assisted between appointments if time permits; however, appointments are encouraged.

4th annual Main Street USA Run

The 4th annual Main Street USA

Run is scheduled to hit the streets of Barstow Saturday and Sunday. The two-day event produced by the Barstow Area Chamber of Commerce is a benefit for the Boys & Girls Club of Barstow and other local charities.

Saturday the event begins at 10 a.m. with a Poker Run starting at the historic Harvey House.

At 5 p.m. there will be a cruise on Route 66 for the car show entries from the park and ride on L Avenue to Skyline Drive-in on Old Highway 58.

This cruise will culminate in the day's featured event at the drive-in.

The drive-in event will include bands, food vendors, show car parking, classic and first-run movies, and a chance to win a trip for two to Hawaii. Tickets for the event can be purchased at the Barstow-area Chamber of Commerce.

More than 300 classic, custom and late-model cars along with Harley Davidson motorcycles will line historic Route 66 - Main Street in Barstow from 1st to 7th Street - on Sunday from 8 a.m. to 3 p.m.

In addition to the show vehicles, the street event will include music, food vendors, a kids' area with barrel racing, and other family entertainment.

For more information on the event, contact the Barstow Area Chamber of Commerce, 256-8617, or go the chamber's Web site www.barstowchamber.com for complete event details and registration forms.

Let's Be Safe Fair

The City of Barstow is scheduled to host Child Safety Awareness training for children and parents at the Barstow College Gym Sept. 21 from 10 a.m. to 3 p.m. A multitude of events are on tap for the training called "Amber Alert" to include game booths, safety scavenger hunt, Kidprint and digital photographing, and a child's bicycle rodeo. For more information call Detective Tim Heiden at 256-3531.

Tae kwon do

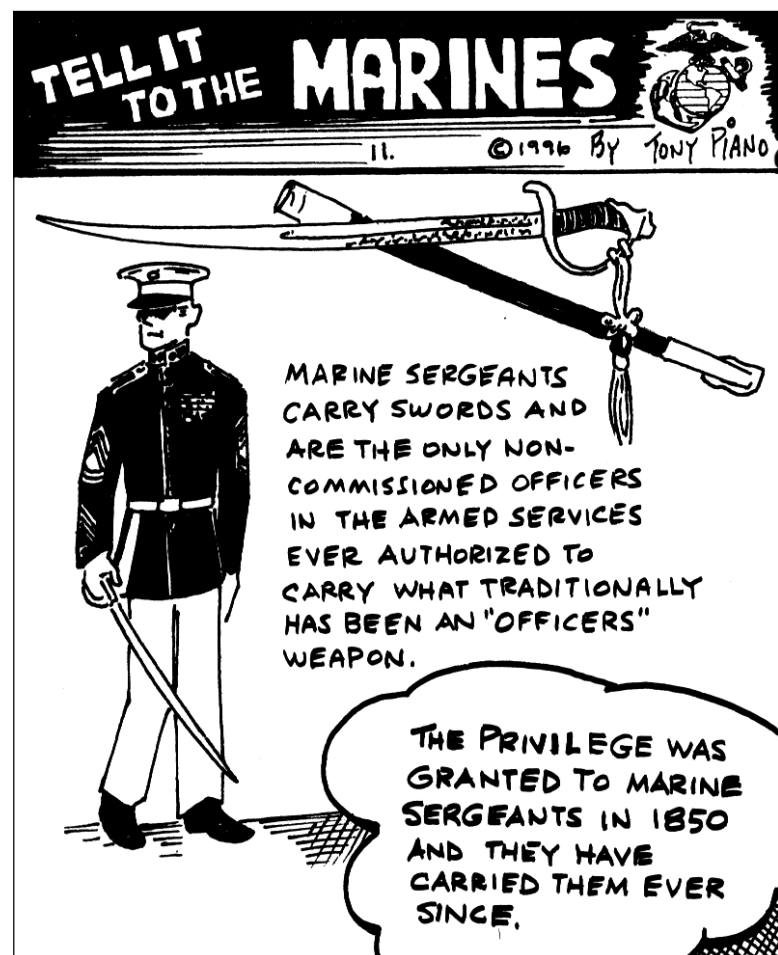
Tae kwon do classes are scheduled to be offered at the gym from 4:30 to 6 p.m. Tuesdays and Thursdays.

Uniforms for the class are \$25, and the class will cost \$45 monthly. For more information visit the Base Gym or call 577-6971.

Marine Corps Softball Tournament

A Marine Corps Ball softball tournament is on tap for 8 a.m. Sept. 27 at Sorensen Field. Entry fee for the event is \$100 per team with a 10-member team set as the minimum roster and 13-member roster as the maximum. All team entries are due no later than Sept 20, with the entry fee.

Format for the tournament is slow pitch with a few modifications to the rules. All games are set for five innings



except the semi-finals and the final game, which will be six innings.

For more information contact Sgt. Maj. Tulago Tautua at 577-6238, or Lt. Col. Charles Hamilton, base executive officer, 577-6556.

Swimming pool closures

The Oasis Club pool is closed for the season and the Family Pool located at the Base Gym is scheduled to close Sept. 28. The Family Pool is closed Mondays through Thursdays and open Fridays, Saturdays and Sundays from 11 a.m. to 1 p.m. for lap swimming and 1 to 7 p.m. for open swimming.

For more information call Semper Fit, 577-6971.

Maintenance Complaint line

To report complaints about repair and maintenance work on real property, i.e., base buildings, excluding housing, call 577-5159.

Single Marine Program

The Single Marine Program will be taking a trip Sept. 21 to the Rose Bowl to see the UCLA Bruins play the Colorado Buffaloes. There are 30 spaces available for that trip.

Meetings are held every Tuesday at 2 p.m. in the conference room in Building 302. Eligible Marines who would like to sign up for any of these events should e-mail Lance Cpl. Daniel Humble or Lance Cpl. Joshua Pascua.

Hispanic Heritage Month Luncheon

Tickets for the Oct. 3 Hispanic

Heritage Month Luncheon at the Oasis Club are on sale for \$7.50 until Sept. 24. Army Capt. Lorenzo Rios, Movement Control Center commander at MCLB Barstow, is the guest speaker for this year's observance, which is themed "Strength in Unity, Faith and Diversity."

The luncheon will begin at 11 a.m. and end at 12:30 p.m., and includes chile verde, beef enchilada casserole, rice and beans, chips and salsa, and tea. For tickets or for more information contact one of the following Hispanic heritage committee members:

Marva Johnson	577-6965
David Mendez	577-7452
Ed Tintos	577-7193
Delane Gutierrez	577-7580
Gunnery Sgt. John Cordero	577-6449
Anita Lewis	577-6788

CWRA trip

The Civilian Welfare and Recreation Association is planning a trip to see the Seattle Mariners play the Anaheim Angels Sept. 27 at Edison Field in Anaheim. There are 25 tickets for sale. The field-level seats cost \$15, and it costs \$22 for a ticket and travel to the game.

For more information, call Bruce Rowe at 577-7207.

Environmental mailbox

The Environmental Department has established a new mailbox for reporting environmental observations and concerns. The new e-mail address is smbbarstowenvironmentalreporting@barstow.usmc.mil.

Air travel health tips

Medical Corner

By Ensign Danny Nixon
BMC Physician Assistant

With most of us traveling by air-plane at least once per year, it is impor-tant to know how to improve plane travel and some ill health effects that it may cause.

What can I do about jet lag?

- Get plenty of sleep before you leave.
- Avoid overeating and eat well-bal-anced meals.
- Use sleep medications for only a few days.
- Do not consume excess alco-hol.
- Exercise as much as possible on your trip.
- Get used to a new time zone by going along with the local sleep and meal schedules.

What can I do about pain in my ears?

- If you have ear pain while flying, try taking a decongestant medication before you get on the plane.
- Also, you can swallow often and chew gum during the flight.
- These tips often are more effective if you try them before your ears start to hurt.

Other tips:

- Carry enough medications in your carry-on luggage to last your whole trip. Take extra medicine with you in case your trip may be delayed.
- If you have a chronic disease such as diabetes or epilepsy, ensure you carry a notification and identification card with the name of your doctor in case of an emergency. Remember to bring along the dosages and names of all of your medications.
- Try to walk frequently (unless the flight crew says not to) because even healthy persons may get blood clots in their legs during long flights. It also helps to drink plenty of water and stretch your calf muscles while your sit-ting and also to wear support stock-ings.
- If you require oxygen when you travel, remember to notify the airlines ahead of the flight. The airline will provide oxygen, probably for a fee. You can also arrange for special meals or wheelchair assistance ahead of time, if needed.

Editor’s Note:

This article is a general overview and may not apply to everyone. To find out if this information applies to you or if you just need more information on this subject, talk to your health care provider.

USDA from Page 1

cies,” said Ashbrook.

The final week consisted of hour-long executive-level presentations in Baltimore, where Ashbrook cited communication between team mem-bers across the country as being the biggest chal-lenge in ar-ranging their final task.

W h i l e Ashbrook was attending the program, his co-workers had the responsibil-ity of filling his shoes while ac-complishing their own daily tasks.

“I really thank the rest of the staff here at personal services for picking up the pieces while I was gone,” said the Barstow native. “They are a very supportive staff, and I couldn’t have made it through without them.”

The program was designed with non-supervisory employees or new supervisors with less than one year’s supervisory experience as the focus. Employees at Government Service levels 11 through 13, constitute the program’s target group.

Ashbrook, a GS-11 who has spent the last 21 years in government ser-vice, fit the mold perfectly.

“Ashbrook was definitely ready for

this very demanding, graduate-level program,” said Alicia E. Degriffith, family advocacy program manager also with personal services. “He was very enthusiastic about the program all the way through.”

Since completing the leadership program, Ashbrook has a new, broad-ened perspective on managing dif-ferent problems in different areas, and plans to share this perspective with the command.

“My overall skill level as an em-ployee greatly improved,” said Ashbrook.

Ashbrook applied for the pro-gram by gaining the command’s en-dorsement, followed by an endorse-ment from HQMC, before the USDA approved him for the pro-gram.

Nearly 300 other employees from agencies and departments across the federal spectrum took part in the yearlong program, 14 of which were selected from the Marine Corps, ac-cording to Ashbrook.

Program participants are chal-lenged by a 12-part curriculum that, according to Ashbrook, places em-phasis on the development of the whole person and his or her abilities to function in a team.

“I think the team-building exer-cises were the most beneficial, and could probably be most utilized on this base rather easily,” said Ashbrook. “My presentation and communica-

tions skills have dramatically im-proved, but in order be most ben-eficial to the command, I will have to take time for reflection to let what I’ve learned over the past year sink in.”

Ashbrook advises any future ap-plicants to try and knock out the requirements as soon as possible, be-cause they can be very time consum-ing and a year goes by faster than one might expect.

“It is a good idea to make sure your command knows what to ex-pect,” said Ashbrook. “Fortunately, my travel went very smoothly be-cause of good communication and planning ahead of time, as well as the command being very familiar with the factors involved in the pro-gram. Another thing I would ad-vise is to have good family support to take up some of the slack that may be left behind when you are conducting some of the intense training requirements far from home.”

An advantage the leadership pro-gram has over similar programs is that it is tailored to the participant’s own developmental needs, focusing on the competencies and effective characteristics the individual needs to become a successful leader.

Back at work, Ashbrook displays his anxiousness to get back to his job and give the command a return on its investment.



Chuck Ashbrook



Photo by Cpl. Joshua Barnhardt

The Barstow Servmart, located on the west side of Warehouse 401 at the Yermo Annex, will be twice the size with many more products after the consolidation with Office Depot.

FSD from Page 1

the mission of the military, said Andrew Henderson, deputy director of FSD.

“The focus of thrust throughout DOD and the Marine Corps is for supply chain management,” said Henderson.

“This contract allows us to focus on our specialties while using Office Depot’s specialty to provide us with more goods at a cheaper cost.”

Office Depot will stock the store and also have a representative on hand, said Applewhite.

This is also helpful in working

toward the goal of gaining ISO 9000 qualification in the future, according to Applewhite.

“It falls in line with our ability to provide support for our customers, it improves accountability, and it improves response time, which is a very key part of how we provide support leading up to our ISO 9000 registration,” said Applewhite, who said he believes this is the best way to conduct business.

“This is a great deal,” said Applewhite. “This is the way the Marine Corps should go wherever possible and this is the way FSD is going.”



Photo by Rob Jackson

Construction workers operate feverously to complete construction on Building T-117 by installing handicapped access to MCLB Barstow’s new Pass and Identification building. Pass and ID is now relocated near the front gate at Nebo and is scheduled to open for business today.

AROUND T

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By Cpl. Jo
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Official USMC photo by HMH-362 staff

Navy Lt. Brandon Langlinais, HMH-362 flight surgeon, observes for aircraft clearance during a division flight as part of the squadron's recent four-month evolution dubbed "Fish Hook."

Marines from HMH-362 take part in an aircraft wash with the help of some Thai Air Force Aircraft Rescue and Firefighting personnel and equipment.



Official USMC photo by HMH-362 staff

THE CORPS

UGLY Angels looking good

by Lindsay
R staff

Heavy Helicopter Squadron 362 might have to change their name to Ugly Angels after recently completing a month-long evolution that began April 1 on a whirlwind tour of the Philippines, Brunei, Thailand, Malaysia and

on, dubbed "Fish Hook," marked the first time Marines have supported Landing Force (LF) operations from a Landing Helicopter Assault (LHA) ship. The CH-53D Sea Stallion helicopter has been through a whole evolution.

"Guys like me to jump in a helicopter," said Lt. Col. Douglas Sabourin, commanding officer of HMM-362, at Marine Corps Base Kaneohe and is currently at Marine Corps Air Station Iwakuni under the Unit Deployment Program. "But the success of this mission since it had never been done before depended on our young Marines who were turning the tables on providing logistical support more than officers up in the air. I can't say enough about our Marines."

Richard McKnight, HMM-362 chief, voiced his opinion in a similar

might argue this point, but lance the real backbone of the Corps," "Without them nothing is going on. Day in and day out our lance is an outstanding job. Our success is their effort."

on first took the Ugly Angels to the Philippines in support of Cobra Gold 2001. After Cobra Gold, it was on to Brunei for LF operations, then to Thailand for another LF operation, Cobra Gold 2002. After Cobra Gold, the unit headed to Malaysia for more operations, then to Singapore for the first time, and yet another LF CARAT. After their training, and visits to the Philippines, Okinawa again, the Ugly Angels returned to Iwakuni after 7,114 miles

mission was to cross train with all countries," said Capt. Shawn Budd, administration and personnel officer, "we have a common threat that we have to combine to defeat. We had pilot classes in night vision techniques, mission and roles of the Corps and CH-53D helicopters, resistance and evasion, and operations management. There was a lot to it that was exciting to see that the Marines are an even more formidable force when they are properly trained."

It wasn't the only aspect of Fish

Hook. Marines also got to experience things most will never have a chance to.

"I wanted to travel when I first joined the Marine Corps," said Lance Cpl. Bryant Moran, HMM-362 aviation mechanic. "I got more than I ever bargained for on Fish Hook. Actually seeing all of these exotic lands really opened my eyes to the fact that there is a whole big world out there. I learned how important it is to learn different cultures and customs, and to respect and appreciate differences. We were treated great by the military and all the people from these places. I liked them all, but the Philippines was probably my favorite. You could tell the people there really appreciated our presence."

According to Staff Sgt. James Sabourin, HMM-362 life support systems technician, the trip was an overwhelming success from a mission standpoint, and a valuable experience from both a work and cultural standpoint. Nevertheless, "It's hard living out of a sea bag for four solid months," said Sabourin. "Don't get me wrong, I wouldn't change the experience for anything, but I'd be lying if I said it doesn't feel good to be back."



Official USMC photo by HMM-362 staff

An HMM-362 CH-53D Sea Stallion approaches the USS Anchorage off the coast of Utaphao, Thailand.



Official USMC photo by HMM-362 staff

A CH-53D Sea Stallion from Heavy Marine Helicopter Squadron 362, lifts a Humvee from the deck of the USS Anchorage off the coast of Utaphao, Thailand, during a Landing Force Cooperation Afloat Readiness and Training exercise.



By Jim Gaines
MCCS Publicity

MCX Anniversary Sale

The anniversary sale is in progress through Sept. 19. Drop by the Super Seven Store or the Railhead Exchange and check out the big savings and store-wide bargains.

While at MCX don't forget the Jacket Special: Save 30 percent off all jackets throughout the month.

Sales and specials apply to both the Super Seven Store and the Railhead Exchange.

The Super Seven Store is open Mondays through Fridays 6:30 a.m. to 9 p.m., Saturdays 8 a.m. to 9 p.m. and Sunday 10 a.m. to 6 p.m. 256-8974.

The Railhead Exchange is open Mondays through Fridays 8 a.m. to 3 p.m. During troop rotation it's open Mondays through Fridays 8 a.m. to 8 p.m., and Saturdays and Sundays 10 a.m. to 5 p.m. 577-7092.

Lunch menu

Unless otherwise indicated the lunch menu for the Cactus Cafe is the same as the Family Restaurant.

Today – Breaded pork chops, mashed potatoes and gravy.

Friday – Breaded cat fish, fried

cabbage, black eyed peas and corn bread.

Monday – “Chili mac,” potato salad, cole slaw and fruit cup.

Tuesday – Foot long tuna sub sandwich, potato chips and fruit cup.

Wednesday – Orange chicken, chowmein noodles and steamed jasmine rice.

Thursday – Virginia baked ham, mashed potatoes and cut corn.

Call in your Cactus Cafe lunch order to the Family Restaurant at 577-6428 or 6429 no later than 9:30 a.m.

Prices: \$3 military, \$4.50 civilian. Includes roll/butter, vegetable and drink of choice.

Family Restaurant closed 2 days

The Family Restaurant will be closed today and Friday for carpet installation. During this period:

Breakfast will be served (menu service) at the Oasis Club 5:30 a.m. to 7:30 a.m.

Lunch will be served (posted menu above) at the Oasis Club 10:30 a.m. to 1 p.m. Lunch at the Cactus Cafe will not be affected by the Family Restaurant carpet installation. Lunch is served from 11:30 a.m. to 12 p.m. However, you will

have to call in your lunch orders these two days to the Oasis Club at 577-6432 before 9:30 a.m.

Dinner will be served (menu service) at the NCO/Enlisted Club from 4:30 p.m. to 6 p.m.

The Family Restaurant will re-open again Saturday from 9 a.m. to 2 p.m. with menu service.

Family Night Dining

Wednesday – Prime rib dinner with tossed green salad and dessert.

Family Night Dinners are served Wednesdays from 4:30 p.m. to 7:30 p.m. Everyone welcome.

Prices \$5.50 adults, \$3.50 children 5 to 11 years. Children under 5 years are free.

For full breakfast, lunch and dinner menus consult your MCCS Events Guide.

Family Pool to close this month

The Family Pool will close Sept. 28. The pool is open Fridays, Saturdays and Sundays only with lap swimming from 11 a.m. to 1 p.m. and open swimming from 1 p.m. to 7 p.m. Call 577-6971 for more information.

Single Marine Program trip

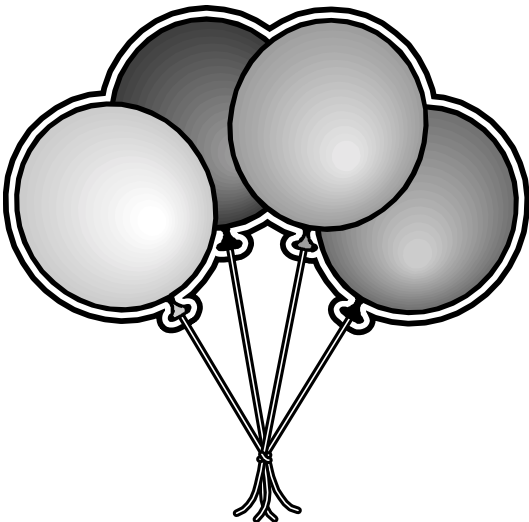
The Semper Fit Single Marine Program will host a trip to the Rose Bowl on September 21 for the UCLA Bruins vs. the Colorado Buffaloes game.

For more details contact Gunnery Sgt. Daquila, Semper Fit, 577-6543.

Aerobic classes cancelled

Aerobic classes have been temporarily cancelled through November 2. For details call 577-6971.

**You're invited to the Ceramic Hobby Shop's
10TH ANNUAL OPEN HOUSE
Sunday, September 15th
11 a.m. to 4 p.m.**



**Come join us. See the many different items
that our customers have made.
There will be drawings for finished ceramic
pieces.**

**Refreshments will be available. We look
forward to seeing you here.**

CERAMIC HOBBY SHOP

Located in Building 375

Wednesday through Friday 11 a.m. to 6 p.m.

Saturday and Sunday 10 a.m. to 6 p.m.

577-6228

SPORTS

FSD's perserverance pays off

By Cpl. Joshua Barnhardt
BARSTOW LOG Staff

After two and a half seasons of winless futility, FSD ended its losing streak Monday by beating Finance 44-38 in overtime in intramural basketball at the Base Gym.

Tighree Thomas was the high scorer for FSD with 15 points.

Finance blew a 10-point halftime lead in the second half with a combination of turnovers and missed shots.

The second half started with Thomas chipping away at the lead with a lay-up.

Peter Parker also hit a baseline jumper to bring the deficit down to six points.

Finance called a timeout to cool off FSD, which worked until Daniel Perez was brought in the game for FSD.

Perez provided an instant spark with five minutes left in the game. He came in and hit two straight jumpers off of two straight turnovers to bring FSD within two points.

He then drove in for a lay-up, which he missed, but Peter "Veggie" Vegliante scooped up the rebound and put it back up and in to tie the game.

Finance could not keep up with FSD's scoring rush because they were jacking up errant three-point attempts instead of holding onto the ball and working for a good shot.

Down two points however, one of those threes finally fell in and Finance went up by one point with less than a minute to go.

FSD cooled off from outside, but kept throwing up shots to try to win the game. With 30 seconds remaining,

Thomas drove the lane and drew a foul on a lay-up attempt. He made the first free throw to tie the game, but missed the second one.

Finance brought the ball up the court, but FSD stole it and passed it ahead to Thomas with one second left on the clock. Thomas grabbed it and put it up, but missed the wide open lay-up to send the game into overtime.

"I didn't know where I was," said Thomas. "I turned around and I was already under the basket, so I didn't get off a good shot."

In overtime, Vegliante started lighting up Finance with a three-and a couple of two-point baskets. He finished the game with 11 points.

At the end of overtime, the score was 44-38 in favor of FSD.

In the other game Monday, Reyes edged Supply, 59-55.



Michael Smith of Finance goes up for a jumper against FSD. FSD pulled out the overtime upset to win its first game in three intramural seasons.

Intramural Basketball
Standings

Reyes 4-0 FSD 1-3

Supply 3-1 Finance 0-4

PMO 2-2

GUNNY'S PICKS

Week 2

Your
picture
here

The National Football League's opening week produced some surprises and some upsets, fans especially. However, one MCLB Barstow football fanatic who wasn't upset is Duane Holmes, heavy mobile equipment mechanic, CWC 710, Maintenance Center Barstow. Holmes went 11-3 for the first week, excluding the Monday Night match-up, to take out all challengers to include the Gunny – darn. Holmes obviously likes to remain incognito because he wasn't available for a photo. Some winners just don't like the limelight. After this first week of crazy football games, let's hope that this weekend's games are just as crazy and exciting. The Gunny's projected whiners and winners are listed below. Beat me if you can. Until next week, enjoy the games.

To submit your choices for Gunny's Picks, fill out this section of the newspaper and drop it off at the Public Affairs Office in the Red Wing of Building 15, or e-mail who you think will win each game to editor@barstow.usmc.mil.

- | | |
|------------------------------|-------------------------|
| Chicago at Atlanta* | Tampa Bay at Baltimore* |
| Cincinnati at Cleveland* | *Tennessee at Dallas |
| *Detroit at Carolina | *Arizona at Seattle |
| *Green Bay at New Orleans | NY Giants at St. Louis* |
| Jacksonville at Kansas City* | Buffalo at Minnesota* |
| *Miami at Indianapolis | Houston at San Diego* |
| New England at NY Jets* | Oakland at Pittsburgh* |

Monday Night

Philadelphia at Washington*

Total points: _____

Name, work section and phone number: _____
Monday night's game is a tie-breaker and must include a total score.

One writer's outlook
on week 2 in the NFL

By Cpl. Joshua Barnhardt
BARSTOW LOG Staff

Week Two features one of the most interesting games of the year.

I'll call it "The game somebody has to win, only because the rules say so."

Detroit and Carolina will square off Sunday. They have combined for four wins in their last 34 total games.

Last week, Carolina squeaked by the Baltimore Ravens at home, while Detroit got 49 points hung on them by Miami on the road.

I'm giving the edge to the Panthers at home over the lowly Detroit Lions. Look for Joey Harrington to see some time at quarterback soon, especially if the Lions lose handily to the Panthers.

Chicago is going to Atlanta to play the Falcons, and I think they are walking into a hornets nest.

Teams just don't play that well at Lambeau Field against the Packers, and only a late touchdown on 4th-and-1 gave the Packers a win.

Michael Vick is looking like the real deal. He went 10-for-10 in the first half

last week, and I think he will light up the Bears with his arm and his blinding speed in the Georgia Dome.

Tampa Bay is going into Baltimore, and John Gruden has something to prove for the Buccaneers and their fans.

Their anemic offense might have trouble against the Ravens, who still have a good defense despite losing most of their starters from the Super Bowl-winning squad.

I think Tampa Bay will pull out a win, but barely. The only reason is Baltimore can't score on offense. They are lucky to get in field goal range.

Cincinnati and Cleveland play for early bragging rights in Ohio. Cleveland's offense looked good, despite missing Tim Couch at quarterback.

Cincinnati looked like the Bungles of old against San Diego. Their defense is likely to get torched by Cleveland and their offense will not do much against Cleveland's defense. Cleveland will win, as long as they keep their helmets on.

Those are my picks for this week. Unless they are wrong, in which case I will deny everything.

1994 ISUZU TROOPER: Low Miles: 77K, 4x4, 5 speed, great interior, power mirrors, windows and door locks. CD and cassette player. \$6,800 OBO. Call 252-1908 for details.

1994 ASTRO VAN: Extended 8 passenger, loaded, \$6,000, OBO . Call 252-5181 AWH.

MOTORCYCLES: 1999 Honda Shadow, American Classic Edition, 750 cc., BLK/Chrome 13k miles, xlt. cond., \$4,000 firm, includes 3 helmets, rear seat, reflector vest. DMV renewal in Sept. Contact Sgt. Joseph Lee at 255-1275 AWH.

MOTORHOME: 1996 Challenger R.V. Motorhome, 33' long, fully self-contained, w/6.5 KW Onan Generator, 21K miles, xlt shape and mechanical condition, lots of amenities, too much to list \$34,500 OBO. Call for details 252-1817.

MOTORHOME: 1978 motorhome, Dodge Winnebago, Minni Winni, stove, fridge, roof, A/C, generator, sleeps 6, runs good, needs some

interior/exterior work, priced to see \$1,800. Call Ron 252-5365 AWH.

MISCELLANEOUS: 5 Aluminum rims 15" x 8". Call 254-3675 AWH.

MISCELLANEOUS: 1999 Honda CR80 dirt bike, bought in 2000, race ready, race tech suspension front and rear, recent top end overhaul, new clutch, renthal bars, lever guards, oversized chain, good tires, spare air filter, tires, plastic, etc. owners/service manual, very clean, \$2,300, OBO. Call Ron 252-5365 AWH.

MISCELLANEOUS: 2000 Yamaha YZ 125 great shape, low hours driven , good tires, \$3,000. Call Ron 252-5365 AWH.

MISCELLANEOUS: 2000 Yamaha Blaster ATC, 200cc motor, green sticker, \$2,300. Call 253-2858 ask for Domingo.

MISCELLANEOUS: 1997 Yamaha 350 Banshee, new rear tires, FMF pipes and silencers, pro flow intake, K & N air filter, good shape, \$4,500,

OBO. Call Ron 252-5365 AWH.

MISCELLANEOUS: 16 ft. car hauler trailer, extra wide with 4 ft. mesh ramp, diamond plate deck, elect brakes good tires w/spare, heavy duty jack, good condition, used very little, \$1,100. Call Ron 252-5365 AWH.

MISCELLANEOUS: 315.75-R16 Tires (4) on 16x10 Eagle alloys 143, 8 lugs, \$1200, Call 253-2858 ask for Domingo.

MISCELLANEOUS: Michelin truck tires, LT 235 85 R16 good condition, \$30. each; waterbed w/Simmons Beautyrest flotation mattress, headboard w/5 compartments and six drawers underneath, \$200. call for appointment. Call 256-6629.

MISCELLANEOUS: 2 MTX 12 inch subwoofers and Rockford Fosgate 700 watt amp \$600 OBO. Call 252-7375 ask for Steben.

MISCELLANEOUS: Green queen sleeper sofa, \$400. Call 254-2295 Lv msg.

MISCELLANEOUS: Used windows, 8'x4', 6'x4', 4'x4', three each, 3'x3, 3'x2', bath \$35 for all; used RR ties twelve \$35, must take all. Call 243-1392.

MISCELLANEOUS: Wood micro-wave cart with 2 shelves, drawer, towel bar \$100; swivel rocker-recliner \$250. Call 254-2295 lv msg.

GARAGE SALE: Furniture, twin beds, toys Hummingbird Fish finder, books lots of misc., Saturday only 9-1, no early birds, 1905 Sunset St. Barstow.

AD PLACEMENT

Non-business BARSTOW LOG Classified Ads are free for base employees and active or retired service members and their family members.Non-business ads may be submitted to:

editor@barstow.usmc.mil

To place business-related adds call:

Aerotech News and Review

(661) 945-5634

